Apples: tasty and nutritious

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers

HOME ECONOMICS

This old adage was introduced to us by Benjamin Franklin about 200 years ago: "An apple a day keeps the doctor away." Some people feel that it is still very true today. Indeed there may not be scientific proof of this, but apples are a healthful food.

Apples contain about 84 percent water and only about 80 calories each. Being virtually fat-free, apples are excellent sources of vitamins A, B1, B2, C, Niacin, as well as the minerals calcium, phosphorus, iron, iodine and potassium. They are cholesterol free and low in sodium. This makes apples perfect for the low-cholesterol, low-sodium diets that many people have to follow.

Apples contain dietary fiber and natural pectin, believed by researchers to aid in digestion and keep the body system working properly.

How many times have you been on a picnic or packed your lunch and added an apple which you finished your meal with? Apples are called "Nature's toothbrush" because they aid in cleaning the teeth, massaging the gums and ridding the mouth of harmful bacteria. This makes apples a valuable asset to a school lunch box or a picnic hamper.

In order to get the best mileage out of a basket of apples that you go to the orchard and pick or bring in out of your back yard, I would like to share with you some tips so that you can keep thoses good healthful apples around for a longer period of time. Remember that apples ripen ten times faster at room temperature, so refrigerate for keeping and leave them out for quick ripening. It is much better to store apples in a plastic bag with air holes for circulation. Plastic helps the apples to retain moisture, but paper bags dry them out.

Sort apples often, removing apples as they begin to rotten and use the rest.

Remember when purchasing apples, large quantity buying, bushel or half-bushel is more economical, so buy as many apples as you have room to store and can use in a reasonable amount of time. Apples keep best at between 32 degrees and 42 degrees F. Place apples away from strong odor foods because they quickly will pick up the odors of other foods, such as onions, cabbage and other strong flavored vegetables.

When thinking an apple a day keeps the doctor away, let me remind you when you are purchasing apples, remember that one bushel of apples will yield 20 to 24 quarts of apple sauce, or 30 to 36 quarts of apple slices. If you should be buying apples by the pound in the supermarket, remember that two pounds of apples will yield six to eight medium apples and this will make one pie. This information should be helpful to you as you plan how you will purchase and use apples this fall.

If you have a homemaking question or problem, you may call 352-8246 or you may write P. O. Box 685, Appomattox, VA 24522.

Have a good day and a good week!

RECIPES OF THE WEEK

Applesauce Cake in a Cone

A Magical Microwave Creation

Prepare a one or two layer spice cake mix according to package directions, except substitute applesauce for the water. Pour batter into flat-bottomed ice cream cones, no more than half full. Arrange 6 cones in a circle in microwave and cook on full power 2 1/2 to 2 3/4 minutes. Continue baking 6 cones at a time until all batter is used. When ready to serve, top each cupcake with a big scoop of ice cream.

CIDERSICLES

Cool Pops for Cool Kids

Fill small paper cups with apple cider and freeze partially. Insert a popsicle stick in each and freeze until firm. Peel away paper cup and enjoy a cool, natural snack.

BEVERLEY CARTER, the daughter of Mr. and Mrs. Fred Carter of Appomattox, poses with pumpkin weighing 32 and one-half pounds. Beverley is entering the pumpkin, grown in the Carter garden in the Great Appomattox County Vegetable Tournament and the Five County Fair. (Photo by Bill Sherrod)

Mt. Shiloh

Sunday's morning worship service at Mt. Shiloh Baptist Church was well enjoyed by all.

The scripture, read by the Rev. Moore, was taken from the Book of Acts:2-14-21 verses with the theme for his sermon, "Roots."

On Sept. 15 beginning at noon, a food sale will be given by Manley Ferguson III to help him reign as King at the close of the King/Queen's contest to benefit the NAACP Freedom Fund. This will be held at the Community Center.

A talent program is being sponsored by the Willing Worker's Club of the church, Sunday, Sept. 30, at 3 p.m. Also, the Baby contest will close during the same program.

The Men's Club will meet this Sunday after Sunday school.

Weekly Bible study starts Saturday, Sept. 15 at 6 p.m. and will be held each Saturday at the same time. Members are encouraged to attend and bring your Bibles, pencil and paper.

Mrs. Elizabeth Anderson of Baltimore, Md. was here visiting relatives last week.

Church planning revival

Pastor R. D. Bray of the Appomattox Pentecostal Holiness Church invites everyone to attend the Full Gospel Revival Services beginning Sunday, Sept. 16 and continuing through Sept. 20.

A special opening revival service is scheduled for the Sunday morning service at 10:30 a.m. Services each evening begin at 7:30 p.m.

The Rev. and Mrs. Norwood Sterling of Suffolk, Virginia are the invited evangelist and singers. Everyone is invited to attend these services at the Appomattox Pentecostal Holiness Church, 212 Church Street.

Clearview revival slated

Clearview Baptist Church in Rustburg will celebrate its ninth anniversary this Sunday, Sept. 16.

There will be a special homecoming service with a ground-breaking ceremony for the new church auditorium. A homecoming dinner will follow.

Revival services will be held Sept. 16-21. Don Collins from Pilot Mountain, N.C. will be the preaching evangelist.

The revival services will begin at 7:30 each night. There will be special singing, and a nursery will be provided.

Galilee Baptist church news

You are cordially invited to attend regular worship services at Galilee this coming Sunday. Please bring a friend. Pastor Davis will deliver the message and the YSD Singers will render the choral selections.

The Ladies Club of Galilee will present an afternoon of music on the fourth Sunday in October at 5 p.m. Brother Earl Austin will be the featured soloist and Mr. Preston Lewis and the Rev. Tim Lawing will accompany him. As an added feature, the newly organized Appomattox Choral Ensemble will make their debut on that date. Plan now to attend and hear some of the most soul stirring Gospel, and contemporary music. You won't want to miss this treat.

The Appomattox Choral Ensemble is making plans for a recording session on cassette tapes. Come out and witness this musical first in Appomattox.

Our prayers and sympathy go out to all sick and bereaved.

Mr. and Mrs. Peyton Callahan of New Rochelle, New York visited Appomattox recently.

Church extends 'Invitation'

Our Lady of Peace Catholic Church in Appomattox is sponsoring a special evening discussion time for adults, "INVITATION."

This time will be used to review the basic message of Jesus Christ as found in the Sacred Scriptures and in the Catholic Church.

The pastor, the Rev. Richard Kirch, will lead the discussion which will be held on four Tuesday nights over the next six weeks: Sept. 18, Oct. 2, Oct. 16 and Oct. 23.

"INVITATION is a learning guide developed by the Paulist priests and it appeared so attractive we wanted to use the guide in Appomattox," says the Rev. Kirch. He adds, "We have selected four of the many topics available and will start with 'The Gift of Scripture' which encourages our close personal contact with the Bible."

The fundamentals of the Christian life are an appropriate review for all persons wherever they may be in their Journey of Faith. The Rev. Chester Michael visited Appomattox early this year he said, "The Christian journey can be likened to driving up an ice covered mountain road, we must continue forward because if we stop it is very difficult to get started again."

Scripture has much relevance in our time and the church asks each adult to imagine a different life, a normal life, responding to the call of Jesus. "It is the basics, a call to holiness in our everyday experiences that will provide us a focus for discussion; it is the basics we will review, rediscover or first discover, and try to see clearly" says the pastor.

An INVITATION is extended to all to this discussion which will begin at 7 p.m. at the local church on Route 627 off Route 24. Weekly services are also held at 11:30 p.m. Sundays and 12:15 p.m. Fridays.

Mt. Pleasant news notes

By ODELL CHAMBERS

"Oh the peace I find in Jesus: peace no power on earth can shake, peace makes the Lord so precious, peace that none from me can take."

Mt. Pleasant Baptist Church's congregation celebrated the third anniversary of their pastor, on Aug. 28. The Rev. Dab Christian and his choir from Amherst were special guests.

Pastor Napier and the Senior Choir were guests of the Rev. Spinner and the Fellowship Temple in Bedford last Sunday.

This Sunday, Sep 16, Mt. Pleasant will celebrate its 102nd anniversary.

The Rev. Kevin Brown of Lynchburg will be special guest.

The Senior Choir celebrated its 67th anniversary last Sunday at 7 p.m. Three-minute sermonettes were offered by the Rev. George Watkins from St. James Baptist Church in Prospect, the Rev. Robert Patton and his choir from Holy Temple Baptist Church in Buckingham, and the Rev. Harrison Kelso from Springfield Baptist Church in Appomattox.

Remember to pray for the sick and the shut-in everywhere.

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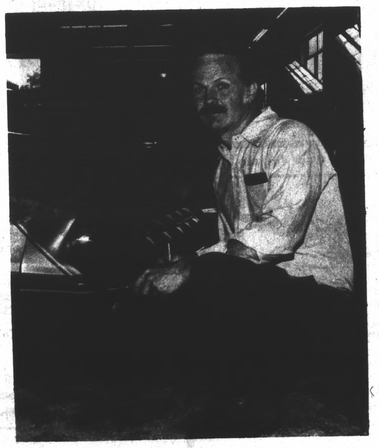

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